Researcher meets 'dead' doctor during astral trip

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the morning mail to the breakfast table and had passed out the letters to them as she sorted the mail."

These letters had been the "large white playing cards. They were very excited over the event. I am sure they were not humouring me."

There are many other anecdotal reports that Robert has collated over the years. Immediately after he returned from an OOBE he would make notes of what he had "seen."

The next step would then be to discover if he could confirm what he had "seen."

However, this method was not substantial enough for scientific purposes. Eventually Robert went into the laboratory to undergo controlled tests where a record could be kept of his brain-wave patterns, breathing and body temperature.

With ever-improving laboratory techniques I questioned whether the OOBE could ever be proven.

"The job of the Monroe Institute is not to prove anything to anyone, but to provide the tools for them to find out for themselves," Robert told me.

"If you are a sceptic don't come and argue with us. Go and find out for yourself."

But can anyone go out of body? "Several studies made during the past ten years indicate that some 25 per cent of adult humans remember having at least one spontaneous OOBE," stated Robert.

"Many were unaware of what had happened until the phenomenon was described to them."

The "human consciousness researcher" went on, "We take the position that everyone goes into the OOBE state during deep-sleep state, as a natural process and in varying degrees."

Therefore the aim of the

ROBERT MONROE: "If you are a sceptic, don't come and argue with us."

all I could see was a blur of motion and feel what seemed like a rush of thin air.

"Also, I felt a hand under my left elbow. Somebody was helping me get there."

After "what seemed like an endless journey" Robert found himself in a hospital. He saw a group of men standing in a room, but could not see Dr Gordon.

"This short, thin young man with a big shock of blond hair stopped in the middle of his conversation, and looked at me intently for a moment," claimed the researcher.

"After the simple short glance, he turned back to the other men and continued his animated discussion."

Then Robert returned to his body, disappointed he had not seen the doctor. The following Saturday he tried again only to be told by a "voice" that he had already seen Dr. Gordon.

claims.

"There was the familiar sensation of movement through a light blurred area, then I was in what seemed to be a kitchen," explained Robert.

His friend "had a glass in her hand. She was looking to my left, where two girls — about 18, one blond and one brunette — were also sitting.

"The three of them were in converstation, but I couldn't hear what they were saying."

Robert claims he made "superconscious" communication with R.W. in that she acknowledged his presence while at the same time speaking to the two girls.

The researcher wanted to make sure she remembered his "visit" so he pinched her on the side, just above the hips and below the rib cage.

The friend "let out a good loud 'Ow,' and I backed up, because I was somewhat surprised. I really hadn't expected to be able to pinch her."

A few days after the incident Robert met R.W. and asked her what she had been doing on the Saturday in question.

He had been out-of-his-body between 3.15 and 4 pm and inquired what his friend had been doing during that time.

R.W. confirmed she had been sitting in the kitchen-dining area of her holiday cottage with her niece and the niece's friend. His description of them was correct.

"I asked her if she remembered the pinch," said Robert. "A look of complete astonishment crossed her face."

Going into the privacy of his office, she lifted the edge of her sweater where it joined her skirt on her left side. There "were two brown and blue marks at exactly the spot where I had pinched her.

"R.W. said: 'I was talking to the girls when all of a sudden I fent this terrible pinch. I thought my brother-in-law had come back and sneaked up behind me. I turned round but there was no-one there'."

The obvious question is how could Robert's "second body" have had an effect on the woman's physical body?

"I suppose it's a peculiar type of proof," Robert told me.

"I went some 200 miles and pinched a woman. I now believe I pinched her 'other' body and this second body reacted in the physical."

■"Robert Monroe's books are available from PN Bookshop. "Journeys Out Of The Body" cost £7.60/$15.20 and "Far Journeys" £13.70/ $27.40. These prices include postage and packing.